COMPOSITA:

OR,

A SYNOPSIS

OF

The chiefest Compositions in use now with *Galenists*.

COLLECTED BY

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Meliora Spero.

LONDON,

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HAving not long ſince drawne a Synopſis of Simples, I intend now to doe the like, by the moſt uſuall Compounds now in uſe, which if it ſerve for no other uſe, yet will it be a good preparative to other Studies of greater conſequence:

In this I ſhall obſerve this order,

Of Waters. ——— Chap. 1.

Of Syrups. ——— 2.

Of Wines. ——— 3.

Of Oyles. ——— 4.

Of Electuaries. ——— 5.

Of Conſerves. ——— 6.

Of Salts. ——— 7.

Of Pills. ——— 8.

Of Troches. ——— 9.

This is the Method, now to the matter.

BRITISH
MUSEUM

Chap. I.

Of Waters.

Waters either { Alter. / Purge.

By altering they { cool { Blood. / Choller. / heat { Flegm. / Melancholly.

Cool the blood overheated, as Waters of { Lettice. / Purslain. / Waterlillies. / Violets. / Sorrell. / Succory. / Fumitory. / Endive.

Cools Choller in the

- Head
  - Nightshade.
  - Lettice.
  - Water-Lillies.
  - Poppies.
- Breast
  - Violets.
  - Poppies.
  - Coltsfoot.
- Heart
  - Sorrell.
  - Quinces.
  - Water-Lilies.
  - Roses.
  - Violets.
  - Bark of Walnuts.
- Stomach
  - Quinces.
  - Guords.
  - Roses.
  - Violets.
  - Purslain.
  - Nightshade.
  - Sengreen, *or*
  - Housleek.

Cools

Liver
- Endive.
- Succory.
- Nightshade.
- Purslain.
- Water-Lillies.

Cools Choller in the Reines and Bladder
- Endive.
- Winter-Cherries.
- Plantane.
- Water-Lillies.
- Melons.
- Guords.
- Citruls.
- Strawberries.
- Sengreen.
- Grasse.
- Black-Cherries.

Matrix
- Endive.
- Lettice.
- Water-Lillies.
- Purslain.
- Roses.

Heat Flegm in the

- Head
  - Betony, Sage.
  - Marjerome.
  - Camomell.
  - Fennell.
  - Calaminth.
  - Lillies of the valley. Rosemary flowers.
  - Primroses.
  - Eyebright.
- Breast
  - Maidenhair.
  - Bettony.
  - Hyssop.
  - Horehound.
  - Carduus. Orris.
  - Scabious.
  - Bawm.
  - Tobacco.
  - Selfe-heal.
  - Comfry.
- Stomach
  - Wormwood.
  - Mints. Fennell.
  - Cinamon. Mother of Thime.
  - Marigolds.

Heat

Heat Flegm in the

- Heart — Cinamon. Bawm. Rosemary.
- Liver — Centaury the lesse. Wormwood. Origanum. Agrimony. Fennell.
- Spleen. — Birthwort. Water-cresses. Wormwood. Calaminth. Gentian.
- Reines and Bladder. — Rocket. Nettles. Saxifrage. Rhaddish. Pellitory of the wall. Cinkfoyl. Burnet. Elicampane.
- Matrix — Mugwort. Savin. Penyroyall. Calaminth. Lovage.

Heat

Heat Melancholly in the

- Head — Hops. Fumitory.
- Breast — Bawm. Carduus.
- Heart — Borrage. Bugloſſe. Bawm. Roſemary.
- Liver — Cichory. Fumitory. Hops. Aſarabacca.
- Spleen — Doddar. Harts tongue. Tamaris. Thyme.

CHAP.

Chap. II.

Of Syrups.

- Syrups
  - Concoct. vide pag. sequ.
  - Purge
    - Choller
      - Roses,
      - Violets.
      - Peach-flowers.
      - Cichory with Rhubarb.
    - Flegm
      - Briony.
      - Hermodactills.
      - Oximell.
      - Julianizans
      - Oximell.
      - Helleboratum.
    - Mixt humors
      - Dyasereos.
      - Diacnicu.

Syrups

Syrups concoct choller in the

- Head — Water-Lillies. Poppies.
- Breaſt — Violets. Jujubes. Juyce of Pomgranates.
- Stomach — Vineger. Pomegranates. Sour Grapes. Roſes. Quinces. Mirtles.
- Heart — Sorrell. Wood Sorrell. Juyce of Orrenges. Lemmons and Citrons.
- Liver — Endive. Succory.

Syrups

Syrups concocting Flegm.

- Head — Betony. Stœchas.
- Breast — Hyssop. Horehound. Maidenhaire. Coltsfoot. Scabious. Bettony. Liquoris.
- Heart — Bizantinus. Bawm.
- Stomach — Wormwood. Mints. Oximell Symplex, compounds and Scilliticum.
- Liver — Of the opening roots. Agrimony.
- Matrix — Mugwort. Calaminth.

Me-

Melancholly in the
- Heart
  - Juyce of Aples.
  - Borrage and Bugloſſe.
  - Citron Pills.
  - Baum.
- Liver and Spleen
  - Epithimum.
  - Hops.
  - Fumitory.

Chap. III.

Of Wines.

Wines
- Concoct.
- Purge.

Wines

Wines concoct according to { Place. / Property.

According to place Wines heat the

- Head
  - Betony.
  - Sage.
  - Rosemary.
  - Fennell.
  - Stœchus.
  - Eyebright.
- Heart
  - Borage.
  - Bugloſſe.
  - Bawm.
  - Hippocras.
- Stomach
  - Wormwood.
  - Black-cherries.
  - Hippocras.
- Liver and Spleen.
  - Germander.
  - Tamaris.
- Reines and Bladder.
  - Winter-cherries
  - Sage.

In

- In property they
  - binde
    - Quinces.
    - Peares.
    - Roſes.
  - provoke
  - ſweat
    - Guajacum.
  - reſiſt
    - Zedoary.
  - poyſon
    - Angelica.

- Purge
  - Flegm
    - Vinum ſcilliticum.
    - Acetum ſcilliticum.
  - Choller
    - Rhubarb.
  - Melancholly
    - Black Hellebore.
  - Water
    - Spurge.
    - Walworth.

CHAP.

Chap. IV.

Of Oyles.

Oyles are chiefly for an externall use, and so they alter according to { quality. property.

In their quality they are { hot. cold.

Oyles heating the {
- Stomach { Mint. Wormwood. Mastich. Spiknard.
- Liver { Bitter Almonds. Wormwood. Spicknard. Mastich.
- Spleen { Capers. Spike.
- Joynts { Spiknard. Rue. Nuts. Nutmegs.

Heat the nerves as Oyle of
- Pepper. Mastich.
- Euphorbium.
- Elicampane.
- Earth wormes.
- Marjoram.
- Costmary.
- Lovage.

Oyles cooling the
- Stomach — Quinces. Mirtles. Roses.
- Breast — Violets. Water-Lillies.
- Liver — Violets. Water-Lillies.
- Reines — Lettice. Water-Lillies.
- Womb — Quinces. Water-Lillies. Mirtles. Gourds.

Oyles heating the head, are of
- Rosemary.
- Bettony.
- Vervain.

Oyles

Oyles cooling the head, are of { Fleabane. Poppies. Mandragues.

Oyls altering in property :

Sothey { Binde { Wormood. Mints. Maſtich. Mirtles.
Molifie { Linſeed. Styrax.
Looſen { Sweet Almonds. Sallet Oyl.
Rarifie { Dill. Chamomell.
Digeſt { Bitter Almonds. Nuts. Rue.
Cleanſe { Mirrh. Tartar. Wheat. Eggs. Elder. Rhagiſhes.

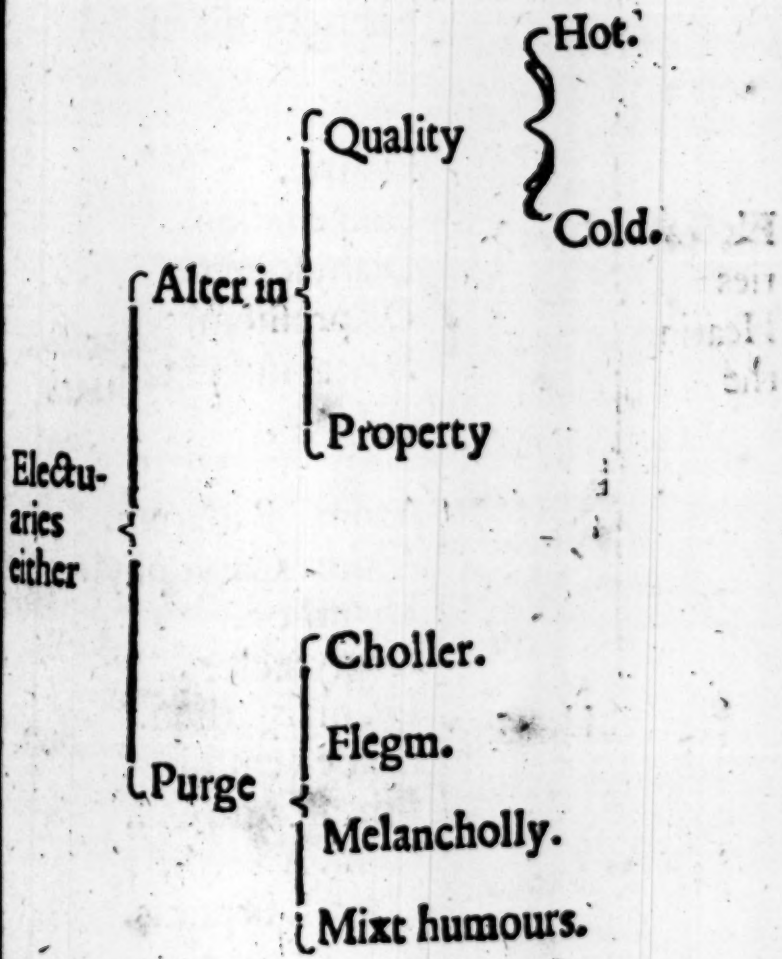
In property they

- Glutinate
  - Mirrh.
  - Tobacco.
  - Balsum.
  - Maudlin.
- Provoke sleep
  - Mandragues.
  - Poppy.
  - Henbane.
  - Water-Lillies.
- Break the Stone
  - Citron Seeds.
  - Scorpions.
  - Cherry Kernells.
- Provoke Lust
  - Emmets.
  - Fistick Nuts.
- Ease paine
  - Elder. Wall flowers.
  - Chamomell. Dill.
  - White Lillies.
  - Bay. St. *Johns* wort.
  - Populeon. Foxes.
  - Dwarf. Elder.

CHAP.

Chap. V.

Of Electuaries.



Electuaries Heating the

- Head
  - Confectio anacardina.
  - Diamoschum.
  - Diambra.
  - Diacorum.
  - Diapeonias.
  - Pleres Arcoticon.
  - Theriaca diates.
- Breast
  - Diairis.
  - Diapenidion.
  - Diahysopum.
  - Diaprassium.
  - Diacalaminthum.
- Heart
  - Arom. Rosatum.
  - Arom. Caryophyl.
  - Dianthon.
  - Diaxyloaloes.
  - Diamargariton.
  - El. de gemmis.
  - Lœtificans. Gal.
  - Conf. Alkerm.
  - Conf. Liberantis.
  - Pler. Arcoticon.

Electu-

Electuaries Heating the

- Stomach
  - Arom. Rosatum.
  - Diagalanga.
  - Dianysum.
  - Diacyminum.
  - Diacinnamomũ.
  - Diagingiber.
  - Diaspoliticon.
  - Diatrion piperion
  - El. è baccis lauri.
  - Rosara novella.
- Liver
  - Dialacca.
  - Diacurcuma.
  - Diacalaminthes.
  - Diacinnamomũ.
- Spleen
  - Diacapparis.
  - Diacostum.
  - Diacalaminthũ.
  - El. è scoriâ ferri.
- Matrix
  - Diambra.
  - Diacalaminthũ.
  - El. è gemmis.
  - El. ex Assafœtida.

Cool the
- Head — Diacodion.
- Breast — Diapapaver. / Diatragacanthum frigidum, & resumptivum.
- Heart — Diarrhodon. Ab. / Diatrion sanct. / Diamarg. frig. / Conf. de Hyacintho.
- Liver, Spleen, Matrix — Triasantalum.
- Joynts — Diarhodon. Ab.

In property
- Binde — Diacodion. / Micleta. / Tryphera minor.
- Break the Stone — El. Reginæ. / Lilliontribon. / De cineribus.

In

- In property
  - Provoke Lust
    - Diasatyrion.
    - Diacorum.
    - Tryphera Saracen.
  - Resist poyson
    - El. de ovo.
    - Mithridate.
    - Treacle.
    - Antidotus Mathioli.
    - Athanasia.
- Purge
  - Gently
    - Cassia
      - with Senna.
      - without.
    - Diacatholicon.
    - Diaprunum simplex.
    - El. lenitivum.
  - Strongly, see pag. seq.

Purge

Purge Strongly

- Choller
  - El. è succo rosarum.
  - Diaprunum Solutivum.
- Flegm
  - Benedict. Laxativum
  - Diaphœnicum.
  - Indum Elect.
  - Diaturbith Majus. Minus.
  - Hyera picra simp.
  - Hyera cum agar.
  - Hyera Pachii.
  - Hyera diacolocynth.
- Melancholly
  - Confectio Hamech Hieralogodium.
- Mixt humours
  - Diacarthamum.
  - Diaturbith cum Rhubarb.

CHAP. VI.

Of Conserves.

Conserves heating the

- Head — Rosemary flowers. Bettony. Eyebright. Sage Flowers. Lavender flowers. Marjoram. Peony.
- Breast — Hysop. Bawm. Maidenhaire.
- Heart — Borrage, Bugloss, Rosemary flowers. Bawm. Clove-gilliflowers.
- Stomach — Wormwood. Alicampane. Mints.
- Spleen — Cetrach. Fumitory.
- Liver — Wormwood. Fumitory. Elder flowers.

Con-

Conserves heating the
- Womb — Marjarom. Bawm. Rosemary flowers,
- Joynts — Stœchas. Rosemary flowers.

Conserves cooling the
- Head — Water-Lillies. Roses. Violets.
- Breast — Violets.
- Heart — Sorrell. Wood Sorrell. Roses. Violets.
- Stomach — Roses. Violets.
- Liver — Endive. Succory. Roses. Violets.
- Spleen, Reins, Womb, Joynts — Roses. Violets.

CHAP. VII.

Of Salts.

Salts purge by
- Coughing { St. *Johns* wort. / Polypodium.
- Urine { Camomell. / Wormood. / Gentian. / Restharrow. / Broom. / Beancods.
- the Womb { Mugwort. / Bawm. / Chelondine.
- Sweat { Guajacum.

Salts ease paine as of { Mans / Stags / Goats } blood.

Clense

Clenſe as Salt of { Urine. Honey. Vineger.

CHAP. VIII.

Of Pills.

The Pills I here treat of either { Binde, as Pills of Bdellium.
Eaſe paine, as Pills of { Opium. Laudanum. è Styrace. è Cynogloſsâ Scribonii.
or Purge.

Pills

Pills purge

- Choller
  - from the head, as
    - Auriæ.
    - Arabicæ.
  - from the Liver
    - Rhubarb.
    - Agrimony.
- Flegm
  - from the head
    - Cochiæ.
    - Hiera cum Agarico.
    - Alhandal.
  - from the breast
    - Agrick.
    - Hiera cum Agarico.
  - from the stomach
    - Alephangin.
    - Mastich.
    - Stomachicæ
    - Ruffi.
  - from the Joynts
    - Hermodactils. Arthriticæ. Fœtidæ
    - Sagapenum.
    - Opopanax.
    - Sarcocolla.

Purge

- Pills Purge
  - Melancholly from the Liver and Spleen.
    - Fumitory.
    - Indi.
    - Lapis Lazuli.
  - Mixt humors
    - Head
      - Sine quibus esse Nolo.
      - Lucis Majores
      - Cochiæ.
    - Stomach
      - Assaireth.
      - Turbith.
      - Imperiall.
      - Ruffi.
    - Liver
      - De tribus.
      - Alkekengi.
    - All parts
      - Agregative.

CHAP.

Chap. IX.

Of Troches.

- Troches
  - Alter, vid. pag. seq.
  - Purge
    - Choller
      - Rubarb.
    - Flegm
      - De Agarico.
      - Agaricus trochiscatus.
      - Alhandal de Scillâ.

Troches alter according to
- Quality.
- Property.

- Inquality they are
  - Hot as of
    - Lignum Aloes.
    - Saffron.
    - Crocomagma.
  - Cold as of
    - Spodium.
    - Diasantalon.
    - Camphire.

- In property they
  - Binde as
    - Earth of Lemnos.
    - Amber.
    - Barberries.
    - Spodium.
    - Corrall.
  - Soften as of Capers.
  - Open
    - Bitter Almonds.
    - Hepatici.
    - Wormwood.
    - Roses.
    - Bechici
      - Albi.
      - Nigri.
    - De Lacca.
    - Alkekengi.
    - Agrimony.

In

- In property they
  - open
    - Aliptæ Moſchatæ.
    - Mirh. Anniſeed.
    - Rhubarb.
  - Clenſe as Cyphios.
  - Reſiſt poyſon
    - De Vipera.
    - Ramich.
    - Hedicteroi.
    - Gallia Moſchata.
    - Diarrhodon.
  - Eaſe pain
    - Diarrhodon.
    - Diaſpermaton.
    - Camphire.

APHORISMES:

Exceeding requiſite for ſuch as intend the noble, (though too much abuſed) practice of PHYSICK.

Containing the quality of Medicines.

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BRITISH

Aphorismes.

I.

ALL Medicines operate by a way, either manifest or hidden.

II.

We call that a manifest way, which is obvious to the sences, (especially to the taste and feeling) but that a hidden way which is obvious to no sence.

III.

All medicines working by a manifest way, performe their office, by heat or cold, moistning or drying.

IV.

Neither is there any Simple so temperate, but one of these doth in one measure or another prevaile.

V.

Yet are those usually called [Temperate] Medicines which excell not in cold moisture, heat or dryness to the first degree. Medicines temperate.

VI.

These being put in any Medicine, alter not the quality of it.

VII.

These are used in such infirmities, in which there is no manifest distemper of the first qualities, *viz.* Heat, Cold, Drineſſe, Moiſture, as for example, in obſtructions of the Bowells, for then we dare not give hot things for feare of a Feaver.

VIII.

Alſo in ſuch Feavers where the effect is hot and dry, the Cauſe cold and moiſt, that ſo we may neither encreaſe the Feaver, nor make the Flegm thick by cold.

IX.

Things contrary are taken away by their contraries, things like, are preſerved by their like.

X.

The degrees of intemperature were obſerved, that ſo the part of the body afflicted, might be brought to its proper temper and no further; for if a Phyſician ſhould give a thing extreamely cold in a diſeaſe but meanly hot, he might ſoon cure that, and bring a worſe in its roome.

XI.

Hot in the firſt degree.

Thoſe things are ſaid to be hot in the firſt degree, which doe onely cheriſh naturall heat, or reſtore it being loſt, and that without any hurt at all to the body, chillineſſe of the body, and paines coming by ſuch diſtempers are remedied this way,

XII.

These also are sometimes given not onely in cold, but also in hot afflictions.

XIII.

For it looseth and discusseth thick humours, that are compacted together by its gentle heat, opening the pores and causeth sweating.

XIV.

Amongst these, such are chiefly to be used, which are most friendly to our bodies, *viz.* suitable to our complexions.

XV.

Such are called Anodines, or easers of paine.

XVI.

Also take notice that such Medicines, whether Simple or Compound, that are hot and moist, cannot excell their due moderation of heat.

XVII.

Such also take away Wearinesse, open the Pores, and consume the superfluous Vapours in Feavers.

XVIII.

Yet may a foolish use of these bring inconveniences, even to the consumption of the vitall Spirits, as happens many times in Inflammations of the Bowells, &c.

This

XIX.

This uſually happens by applying ſuch a medicine, as is not appropriated to that part of the body it is applyed to, *puta* the applying a Cephalick medicine to the bowells.

XX.

Hot in the ſecond degree.

Sueh things are ſaid to be hot in the ſecond degree, whoſe heat is greater than the naturall heat of our bodies, beſides their heat offends the Palat.

XXI.

Their uſe is for ſuch whoſe Stomach is offended by Flegm, to heat and dry them.

XXII.

They open Obſtructions, and the Pores of the Skin, not gently, and by perſwaſion, or faire words, as it were, but by threatning.

XXIII.

Their common uſe is, to cut and diſcuſſe tough thick viſcous humors.

In the third degree.

XXIV.

Such as are hot in the third degree, worke the ſame effects more violently, for they open Obſtructions by violence and fine force.

XXV.

The heat of theſe are ſo great, that many times they ſtirre up Feavers.

Their

XXVI.

Their use is, to divide stubborne and compacted humors, and provoke sweat, whence it comes to passe, that most of them resist poyson.

XXVII.

Lastly, those obtaine the fourth and last degree of heat, which burne and raise blisters on the Body being outwardly applyed. In the fourth degree.

XXVIII.

I am of opinion, that these ought not to be taken inwardly, but with great discretion, and in urgent necessities.

XXIX.

It is in vaine to urge the common taking of Onions, Garlick, &c. against this: a man may (if he please) so accustome his body to poyson, that for present it may not poyson him, though for present it bring his body to great inconveniences, and make way for future diseases.

XXX.

Also Physicians have allotted to cold medicines, four degrees of coldnesse. Medicines cold in the first degree.

XXXI.

Amongst which those obtain the first degree, which are but lightly and gently cold.

XXXII.

Yet because we live and are cherished by heat, no cold thing is properly friendly to our natures. Not *per se*, although *per accidens*.

Their

XXXIII.

Their uſe is not onely to cool the heat of diet and bring it to a gratefull temper, but alſo to repreſſe the unbridled heat of the body, as in internall inflammations, feavers, &c.

XXXIV.

In ſuch occaſions let ſuch as are cold in the firſt degree, be adminiſtred to Children, and ſuch as have weak natures, as alſo ſuch whoſe bodies are little diſtempered with heat.

XXXV.

Cold in the ſecond degree. Such bodies as are ſtronger, or whoſe livers are hotter, may uſe ſuch things as are cold in the ſecond degree.

XXXVI.

In the third. If the body be very ſtrong, the ſtomach and liver very hot, ſuch with due moderation may uſe medicines cold in the third degree.

XXXVII.

In the fourth. Such as are cold in the fourth degree are not inwardly to be taken, without diligent correction and urgent neceſſity.

XXXVIII.

Outwardly they are uſed to take away inflammations, which if they be not great things, leſſe cold will ſerve the turn.

XXXIX.

Every remedy ought to proportioned be according to the juſt quality of the diſeaſe.

Some-

XL.

Sometimes the ſpirits of man are troubled by eat, and in ſuch diſeaſes immoderate watching ollows, neither is there any other way left to help ch but cooling medicines.

XLI.

Cold naturally ſtops the pores, congeals the mors, ſtops ſweat, ſtaies motion, and by this eans it ſometimes ſo ſtops the paſſage of the pirits, that it conſumes the ſtrength both of the eart and bowels.

XLII.

When you read this you will ſee then what care, iſdome, skill, and diligence is requiſite to a Phyician.

XLIII.

The greateſt uſe of things extremely cold is to eaſe pains, when neither emollients, lenitives nor nodines will doe it.

XLIV.

For things cold in the fourth degree ſtupifie the enſes, thereby allaying that pain which might elſe produce a feaver, and the feaver death, before the diſeaſe or malady afflicting can be cured in a rationall way.

XLV.

I have now done with the active qualities, *viz:* heat and cold; and come to the paſſive, *viz:* drineſſe and moiſture.

No

XLVI.

Of medicines moistning. No moist medicines can arrive so high as the fourth degree.

XLVII.

For seeing all things either heat or cool, things hot are drying, things cold congeal, both are enemies to moisture.

XLVIII.

Yet have moist things their operation also, for they are lenitive and make slippery.

XLIX.

In the first degree. Things moist in the first degree mitigate coughs and help the roughnesse of the wind-pipe.

L.

In the second. Such as are moist in the second degree weaken naturall strength.

LI.

They loosen the belly, and make the blood and spirits thick, and by consequence the wit dull.

LII.

In the third. But if they exceed this degree, they cause the humors to putrifie, and make the body unfit for any action, open a gate for dropsies, lethargies and other diseases of like nature.

LIII.

Of drying medicines. Medicines which are drying have a contrary operation to these.

They

LIV.

They consume humors, stop fluxes, and make the parts of the body tenacious, and strengthen the actions of nature.

LV.

Yet although drying medicines strengthen nature, by consuming the offending humidity; yet by unskilfull use, they prove many times destructive.

LVI.

There is humidity required to cherish the spirits, which if it be consumed, they cannot perform their actions, of which if they fail, they also consume naturall strength,

LVII.

This is done by unwise or unskilfull administring things dry in the second degree. In the second degree.

LVIII.

Things drie in the third degree are subject to spoil the nourishment, and bring consumptions. In the third.

LIX.

Thence we may gather, that want of moisture to digest ones meat, causeth consumptions.

LX.

Besides this, there is an humidity in the body called Radicall moisture, which being taken away, man must needs perish, and this is consumed by things drie in the fourth degree. In the fourth.

This

LXI.

This although it come but as an effect of heat, yet it doth it by drying properly, and not by heating.

LXII.

And this shall suffice briefly to have spoken of the qualities of Physick, as it is hot, cold, drie, or moist.

Select

SELECT
APHORISMES:
Concerning the operation of Medicines according to place in the Body of fraile Man.

COLLECTED BY
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I Shall bluntly ſet about the buſineſſe, and yet not ſo rudely neither, but I ſhall obſerve order, and divide the whole buſineſſe into theſe Chapters.

Of Cephalicks. ——— Chap. 1.
Of Pectoralls. ——— 2.
Of Cordialls. ——— 3.
Of Stomachicalls. ——— 4.
Of Hepaticalls. ——— 5.
Of Splenicals. ——— 6.
Of Renalls and Veſſicalls. ——— 7.
Of Hiſtericalls. ——— 8.
Of Arthriticalls. ——— 9.
Of Purges. ——— 10.

This I intend ſhall be the order.

Chap. I.

Of Cephalicks.

Part I.

I.

IN treating of Cephalicks, I muſt be forced to make ſome diſtinction.

II.

That is properly called the head, which is between the top of the crown, and the *vertebræ* of the neck. What the head is.

III.

Amongſt which ſuch as are accommodated to diſeaſes of the brain, are properly called Cephalicks, and ſhall be the baſis of our diſcourſe in this firſt part. The other take denominations from the parts they are appropriated to: of which more anon. What Cephalicks are.

IV.

Of Cephalicks ſome are hot, ſome cold, whereby they remedy the affects of the brain by a manifeſt way.

V.

The brain is temperate.

For the Brain, seeing it is the Seat of Reason, the rise of the Sences, the originall of the Nerves, is by its owne nature temperate.

VI.

Its afflictions.

Therefore is it sooner afflicted, than any other part of the body, for if it be but a little too hot, Sence and Reason is sodainly and inordinately moved; if but a little too cold, they languish and are stupified.

VII.

So then it appeares that the Brain of Man is most subject to infirmities.

VIII.

Besides this is peculiar to the Brain, that it is delighted or offended with smells, sounds, and colours, which the other parts of the body want.

IX.

The Womb also doth somewhat partake of this property, for it manifestly flyes from stinking things, and embraceth sweet, but of this more in its proper place.

X.

Smels, Musick, Sights, are Cephalicall.

Those things therefore may be accounted Cephalicks, which refresh the brain by sweet scents, pleasing harmony, or delightfull sights.

And

XI.

And yet Physicians account onely smells of these to be Cephalicall, I suppose because they affect the Brain by a more inbred quality, the other two are objects more properly of the judgement, *viz.* by Harmony and Aspect.

XII.

(Hence it is cleer that the sence of Smelling is more terrene than that either of Seeing or Hearing.)

XIII.

Or it may be, because they thinke Musick or pleasant Sights are not Medicines, but the vulgar proverb might have taught them otherwise.

Musica mentis Medicina maestæ.

Musick was held of old, a Physick kinde,
For a dejected Melancholy minde.

XIV.

Also Cephalicks may be known from the effects of the Brain themselves. How Cephalicks may be knowne.

XV.

Therefore because the Brain is usually offended with Flegme, therefore those things may be accounted Cephalicks, which (besides a * hidden faculty whereby they strenghthen the Brain) warm, clense, cut and dry. * Astrologie may reveal this hidden mysterie.

XVI.

Besides, if you consider the scituation of the Brain, *viz.* in the superiour part of all the body, you may conceive it very apt to receive hot vapors.

XVII.

These afflict men with Watchings and Headache, these must be restrained by cooling Cephalicks.

XVIII.

Onely I would have this generall maxime observed, that Opiates and other soporiferous medicines, universally doe the Brain more harm than good.

XIX.

Such Medicines as purge the Head I shall omit to treat of here, even untill I come to the last Chapter, which treats of purges.

XX.

Besides such Medicines as dry, heat, cool, or purge the head, there are certaine other Medicines familiar to the Brain, which may be called proper helps, the former being but accidentall.

XXI.

These worke (say Physicians) by a hidden quality, and no reason can be given for their operation.

XXII.

These by a peculiar instinct, or providence defend the Brain against particular diseases, one against

gainſt one diſeaſe, another, againſt another, by a certaine harmony with the Brain, and by a certain Antipathy they have againſt thoſe diſeaſes, they fortifie and defend the Brain againſt them.

XXIII.

You ſee hence what Ignorant Phyſicians, thoſe of our times are, who being ignorant of Aſtrology, cannot give a reaſon of the Phyſick they preſcribe, a Parrot may be taught to be as learned in preſcriptions. The ignorance of Phyſicians.

XXIV.

I truſt I ſhall ſhortly have ready a treatiſe called *Cephalica Simplicia*, which will furniſh you with Simples appropriated to every diſeaſe in the head, and give you the reaſons of them too.

XXV.

Seeing then the operations of Cephalicks are divers, the time of uſing them cannot be one and the ſame. The time of uſing.

XXVI.

If the Brain be afflicted, it cannot be ſtrengthened, except it be firſt purged.

XXVII.

If it be purged, it muſt be purged with Cephalicks.

XXVIII.

Neither can it be purged with Cephalicks, before the whole body be evacuated, for otherwiſe

wiſe it will ſoon be filled with vapours.

XXIX.

Cool Cephalicks, (they ſay) are dangerous neer the Criſis.

XXX.

Laſtly, the manner of uſing Cephalicks is various, according to the variety of the diſeaſe, the time of its ſtanding, its ſymptomes, and the ſeaſon of the yeare.

Part II.

XXXI.

Under the name of the Head, as I told you before, are the externall parts contained, *viz.* the eyes, eares, noſe, &c. theſe ſhall occupy the ſecond part of this Chapter.

XXXII.

Of the Eyes. Of the externall ſences, the Sight is the chief, the Organs of which are the Eyes.

XXXIII.

Medicines appropriated to the eyes are of two ſorts, ſuch as are appropriated to the viſive ſpirit, and ſuch as are appropriated to the Eyes themſelves.

XXXIV.

There ought to be that conſtitution of the ſpirits, that they may not be too thick nor too thin.

For

XXXV.

For many times it happens that the subtilties of the spirits dulls the sight.

XXXVI.

The best Medicines for the eyes perform their office (as Physicians say) by a hidden quality.

XXXVII.

Usually things are said to helpe, that have affinity with the thing helped, yet such strange things are in the Universall providence, that they may even seem miraculous. I will instance in one.

XXXVIII.

A Goats Liver applyed to the Eyes, makes a man see very well in the night, and the reason is, because Goats see as well by night as by day.

XXXIX.

But what affinity is between these two? seeing they having neither the same substance, nor the same temperature? *viz.* The Goats Liver with the Eyes. This then is strange.

XL.

It is most certaine, and *Wicker* confesseth it, that Man hath learned many things of the Beasts, which the acutenesse of his reason could never reach to, nor experience teach him.

To

XLI.

To quote what Simples are appropriated to the Eyes is not my scope here, but to shew how to use them.

XLII.

As for the constitution of the Eyes, seeing they are most exact in sense, so they will not lightly bear the least inconvenience, therefore every thing is not proper for the Eyes, which sharpens the sight by attenuating.

XLIII.

But even in externall things you must have a speciall care, that they be not too hot, nor too sharp, nor hurt by hardnesse, biting nor viscosity.

XLIV.

Oyl in it self is offensive to the Eyes, and oyntments because they have Oyl in them.

XLV.

The roughnesse of the powders, every one knows offends.

XLVI.

Yet this must be taken in by the way, that it is one thing to strengthen the Eyes, and another thing to take away the matter that offends them.

XLVII.

Nose and Mouth. Also to the Nose and Mouth, have a care you apply not stinking things to diseases of the Nose, or things of ingratefull taste to those of the Mouth.

Things

XLVIII.

Things ingratefull in taste, spoile not onely the allate, but subvert the Stomach, seeing the nicle of the mouth and Stomach is the same. hings ingratefull to the Nose, hurt the brain as ch.

XLIX.

But seeing Mouth and Nose are the waies to rge the brain, I shall let them alone till I am speak of purging.

L.

The eares, because they are alwaies open, are ost subject to be infested with cold. The Ears.

LI.

And because they are very dry in substance, ey require Medicines which vehemently dry.

LII.

Cold and vehement heat are inimicall to the eeth, but they are sooneſt hurt with sharp, ure and austere things. The Teeth.

LIII.

The reason is, because they are neither co- red with flesh nor skin, by which they might defended from such injuries.

LIV.

Things cleansing and binding are helpfull the Teeth, because every light occasion pe- sters

sters them with Defluxions, and for the reason the use of sweet and fat things to them.

Chap. II.

Of Pectoralls.

I.

MEdicines appropriated to the Breast and Lungs are not of one and the same kind, for some regard the parts themselves afflicted, others the matter afflicting.

II.

For instance, sometimes the Lungs are ulcerated, and then we use such things as are glutenative and binding, yet are binding things naturally most adverse to the Breast and Lungs, both because they hinder respiration, and because they hinder the breast from cleansing it selfe.

III.

The Breast requires naturally Lenitives, both for the freer breathing, and removing those things which stick to it.

IV.

The Lungs are very obnoxious to distillations from

om the head, therefore those especially are lled Pectoralls which cause easie spitting.

IV.

ut the manner of provoking spitting, is not al-yes one and the same.

VI.

Sometimes the matter is so thin, that it slips ay and cannot be expelled by the motion of breast. Sometimes so thick, that it cannot be out by the streight arteries of the Lungs.

VII.

These then are Genuine principles, to make k what is thin, and cut what is thick, that so y may the more easily be spit out.

VIII.

Of thickning Pectorals, some are milder, ich are appropriated to humours both hot and d, others more vehement cold, to bridle the ssle, or the acrimony of the humour.

IX.

Amongst Pectoralls, it were worth the while speak a word or two of things appropriated Phthisicks.

X.

There are three things requisite to such a re.

1. To cut and bring away the concreted blood.

2. To

2. To cherish and strengthen the Lungs.
3. To conglutinate the wound.

XI.

And this is one reason that makes Phthisicks so difficult to cure, because so much the more as the thing cutteth and clenseth, so much the more it hinders conglutination.

XII.

Therefore speciall regard must be had of the time, that the clensing things be given at the beginning, and glutinative at the latter end.

XIII.

Thus you see what things are accidentall Pectorall, *viz.* such as are Emollient, or cut tough viscous flegm, or make thick thin defluctions, or qualifie sharpe humours, or ease the roughnesse of the Artery.

XIV.

Such are Naturall Pectoralls, whose Genuine property is to strengthen the Breast and Lungs.

CHAP.

Chap. III.

Of Cordialls.

I.

As the brain is the ſeat of the Sences, ſo is the heart of the Affections, it is alſo the fountaine of Life, and the originall of Heat.

II.

Its properties are two.

1. To give Life to the Body by its heat.
2. To give vigour to the Will by its affections.

III.

Such things as cheer the minde, ſtrengthen the heart it ſelfe, or refreſh the ſpirits, are called Cordialls.

IV.

Yet are not all Cordialls of one and the ſame nature, for whereas the heart is variouſly troubled, either with anger, or love, or fear, or hatred, or ſadneſſe, or other affections, it is refreſhed either by temperating or taking away the ſame.

V.

But although ſuch things as cauſe Love, or mitigate Anger, or take away Feare or Sadneſſe, &c. may properly be called Cordialls, yet belong

they not to my scope at this time, if my secrets in nature will not yet furnish you with them, you may in time have those that may.

VI.

The truth is, these are afflictions of the Minde, (or that which I hold to be the Soule) and therefore are of a higher nature than this Treatise aims at.

VII.

For I hold Man to consist of three parts, a Spirit which goes to God that gave it, a Soule, [Ψύχη] and a Body which is terrene and must returne to the Earth from whence it came.

VIII.

My scope is here to speak of those things which properly afflict the heart.

IX.

The heart is afflicted by too much heat, by poysons, by filthy vapours.

X.

Against these the heart is assisted in a three-fold manner, *viz.* by cooling the heat of Feavers, resisting poyson, and strengthning the heart by a peculiar property.

XI.

Yet whatsoever cools is not Cordiall, for Lead is as cool as Pearls, yet is not a Cordiall as Pearls are. Nei-

XII.

Neither whatsoever resists Poyson is Cordiall, but onely such as succour the heart oppressed by it.

XIII.

Such things as resist Poyson are called Alexiteria and Alexipharmica.

XIV.

Neither doe they all operate after one and the same manner, for some strengthen the heart against Poyson in generall, others by a certain Antipathy are opposed to one particular kinde of Poyson.

XV.

Such things as strengthen the heart, doe it either by planetary Influence, which Doctors call a hidden way, because it is hidden from such, who instead of viewing the wonders of God in the Creation, are filling their pockets with his Dunghill.

XVI.

Or else they doe it by similitude of substance.

XVII.

Or else by a forcible drawing away of what offends it.

XVIII.

And indeed all Cordialls may be called by the name of Alexiteria, or Antidotes, or counterpoysons, because they strengthen the heart which is the nature of poysons to assault, however it

seemed otherwise to Physicians.

XIX.

So then as Smells refresh the Animall Spirits, Aromaticalls the Naturall: so such things as keep melancholly vapours from the heart, refresh the vitall spirit of Man.

CHAP. IV.

Of Stomachicals.

I.

MEdicines appropriated to the Ventricle, are called Stomachicalls, although the Stomach be not the Ventricle, but the Orifice of it, or the inferiour part of the throat, which you will.

II.

The Ventricle is afflicted with three kindes of Maladies.

1. Appetite lost.
2. Concoction weakned.
3. The retentive faculty vitiated.

III.

To provoke appetite.

Those things which provoke appetite, are usually of a gratefull sharpenesse.

These

IV.

These by the Latines are called *Orectica*, after the Greek name.

V.

But although appetite be hindred by diverse causes, as the Stomach repleated by Chollar, or putrefied humours, &c. yet those things, which purge these, are not properly called Orecticks, but onely such things as by sharpnesse contract the Stomach, and by a gratefull tast delight it.

VI.

Those things further concoction, which either cherish the Ventricle by convenient heat, or Aromaticall faculty, or strengthen it by Astrall propriety. Concoction.

VII.

Of which latter, take this one, the internall skin of the * Ventricle of a Hen, helpeth concoction exceedingly, nothing like it, and thereby resisteth all diseases proceeding from want of digestion, which are as frequent as Atomes in the Sunne. * *Ventriculus* Gizzard.

VIII.

The Retentive faculty being viciated, causeth belching, vomiting and fluxes. Retention.

IX.

These are corrected by astringent Medicines, and yet some astringent Medicines are very adverse to the Stomach, therefore use onely such as are Stomachicall.

X.

The way of use. Orecticks ought not be given to a foule Stomach.

XI.

Such things as help Concoction the Greeks call πεπτικὰ, and they ought to be given before meat.

XII.

The reasons are,

1. Because heat is to be stirred up in the inferior, not in the superiour part of the Ventricle.

2. Because the Ventricle ought to be made warm before it receive the food.

XIII.

The manner of administration of such things as binde the Ventricle, is to be regulated according to the end of giving them.

XIV.

Against vomiting give them after repast, against Fluxes before.

XV.

For being given after, they drive the nourishment downwards, and are more subject to cause a Fluxe than to stop it.

CHAP.

CHAP. V.

Of Hepaticals.

I.

HEpaticks may be divided into theſe three diviſions:

1. Such as delight the Liver.
2. Such as adde ſtrength to it.
3. Such as take away its vices.

II.

Taſte and Appetite are ſent before, and committed to the Tongue and Stomach, for the dignotion of food, by which both the quality and quantity is judged.

III.

The Meſeraick veins alſo have their office to draw convenient nouriſhment.

IV.

Such things then are delightfull to the Liver, which are delightfull to theſe.

V.

I put all theſe together, becauſe many times Taſte and Appetite affect that which the Meſeraik veines diſlike, and that's the reaſon many times men affect thoſe meats which agree not with them.

VI.

Alſo the Liver is delighted with ſome Medicines as well as nouriſhments.

VII.

For all ſuch things as are ſweet, the Liver greedily draweth to it.

VIII.

Such things as ſtrengthen the Liver doe gently binde.

IX.

For concoction requires adſtriction, to keep together both the heat and the humor to be concocted, leaſt it be diſperſed.

X.

Yet the Liver needs not ſo great adſtrictions as the Stomach, becauſe the paſſages of the Ventricle are more open, and large, but the veines of the Liver, by which it either draws the chyle, or diſtributes the blood to the reſt of the body, therefore the adſtriction muſt not be great, leaſt it obſtruct the Liver, or hinder the diſtribution of the blood.

XI.

Amongſt all the reſt of the entrailes, the Liver is moſt ſubject to obſtructions.

XII.

Therefore ſuch Medicines as hinder Obſtructions, or help them being made, are appropriated

to the Liver. And they are such, which cut and attenuate without vehement heat, such as have both a cleansing and a binding quality.

XIII.

Inflammations commonly follow obstructions, and they require cooling things, yet will not any cool thing serve the turne, but such as are hepaticall.

XIV.

Take heed in the use of cool things, that you extinguish not the faculty of concoction, or so cool the Diaphragma, which lies very neer, that you hinder respiration.

CHAP. VI.

Of Splenicalls.

I.

THree excrements are especially beheld in the breeding of blood, a watry humour, cholar and melancholy.

II.

The proper seat of Chollar is the Gall, the watry humour goes to the Reines, the thicker part of the blood the Spleen challengeth to its selfe.

This

III.

This is either aduſt by too violent heat, and then it is called *Atra Bilis*, or thick and terrene of it ſelfe, and that is properly called Melancholly.

IV.

From hence now is the force and nature of Splenicall Medicines found out.

V.

For *Atra Bilis* often produceth Madneſſe, and pure Melancholly, * Scirrhus, and viciates the concoction of the Blood, whence follows Dropſies, and alſo breeds obſtructions.

*hardneſs.

VI.

Splenicals therefore are of two ſorts, ſome appropriated to *Atra Bilis*, ſome to Melancholly, for of purging I ſhal write nothing here, but leave that to the laſt Chapter.

VII.

Atra Bilis, is tempered by cooling and moiſtning, yet is it not ſo hot that it ſhould need things extremely cold.

VIII.

Such are thoſe, which we wrote of amongſt the Cordialls that cauſe mirth, by keeping Melancholly vapours from the heart.

Me-

IX.

Melancholly humour is removed by cutting nd opening Medicines, which differ from Hepaicks because they want adstriction, for the Spleen, eeing it wants concoction, needs no adstriction.

X.

Moreover the Spleen is not only obstructed by Melancholly humour, but also made hard.

XI.

The cure of this is wrought by Emollients, which must not be given inwardly, lest they hinder the concoction of the Ventricle, but applyed outwardly.

CHAP. VII.

Of Renalls and Vessicalls.

I.

THat the watry humour may be separated from the blood, nature hath added the Reins to the rest of the bowells.

II.

Because a Man should do something else besides continually pisse, the Bladder was added to containe the Urine.

Both

III.

Both of these are easily corrupted by the vic of the Urine.

IV.

The Urine is stopped by Stones or Inflammat ons, or gross humours, therefore Medicines appr priated to the Reines and Bladder (which a called Nephritica and Cystica) and to be distin guished into three parts.

1. Some cool.
2. Some cut grosse humours.
3. Others break the Stone.

V.

The constitution of the Reines and Bladder such, that binding things are extream dangerou to them, because they stop the Urine.

VI.

Those Medicines are then proper to the Rei and Bladder, which are lenitive, cut and extenuat without violent heat.

VII.

Onely take this caution, that seeing the Blad der is farther from the Centre of the body tha the Reines, it requires stronger Medicines, le their strength be consumed before they come a the grieved place.

CHAP

Chap. VIII.

Of Hysterickalls.

I.

Touching provoking and stopping the termes shall be spoken hereafter in another Trea-

II.

The Womb thus resembles the Brain and Ven-cle, that it manifestly draws to Cephalicks, Aromaticks, and flies from their contraries.

III.

For this is confirmed by daily experience, that the fits of the Mother, which is the Womb ed upwards, stinking things applyed to the e, and sweet things to the Matrix, reduce it, sweet things applyed to the Nose, and stink-things to the Matrixe produce it.

IV.

In fallings out of the Womb we use the con-ry.

V.

This made some Sots ascribe the sence of smel-ng to the Womb, whereas indeed and in truth, at such things please the Brain and nervous rts, is not becaus of their smelling, but becaus

becauſe they are friendly to it, by their own ſub-
ſtance.

VI.

The Stomach is offended with ſtinking things,
and a man that hath no ſmell will vomit them up
againe, why? becauſe they are obnoxious to it.

VII.

So alſo the Womb is offended with ſtinking
things, not becauſe it ſmells them, but becauſe
they are adverſe to its nature.

VIII.

For Smels are the judges of Medicines, by which
nature teacheth what is fit and convenient for it-
ſelfe.

IX.

So then thoſe Medicines are hyſtericall, which
by binding ſtop the ternes, or by inciding pro-
voke them, (of which more hereafter) or ſuch
as are gratefull to the Womb, which are known
by a ſweet or aromaticall ſavour.

CHAP.

Chap. IX.

Of Arthriticalls.

I.

The Joynts are moſt infeſted with capitall diſeaſes, and therefore cured with Cephalick Medicines.

II.

The reaſon is ſoon given, which is, becauſe they are of a nervous quality.

III.

Thoſe things are appropriated to the Joynts, which have a drying and heating quality, with a certaine light adſtriction.

IV.

Beſides ſuch things as are appropriated to the Joynts, by a peculiar appropriation, or aſtrall influence, of which knot-Graſſe is one, and therefore by ſome called Joynt-wort.

V.

Yet take notice of this, that becauſe the joynts are more remote from the Centre, they require ſtronger Medicines than the brain doth.

As

VI.

As to what belongeth to paines in the joynts this is the manner of proceeding.

VII.

Pain is either taken away, or asswaged, but the true cure is by taking away what causeth it.

VIII.

Yet sometimes so great is its fury, that we must give Anodines before we can meddle with the cause and that especially when it causeth heat, influxion of blood or inflammation.

IX.

Besides, the Medicines, which take away the cause of paine, are very hot, and therefore to be forborne in such cases.

X.

Also the manner of easing paines, is twofold, for if you regard the pain it selfe, use Anodines, if the heat, use refrigeratives.

XI.

Also take notice of thus much, that flegm compacted in the joynts, when it is teazed a little, causeth pain and influxion.

XII.

Such Medicines as take away the cause of such paine, are strong cutters and drawers, which

which neither agree with Choller nor blood.

XIII.

When you perceive that there is attraction and discussion enough made, so that the pain is ceased, and the cause of it taken away, use adstrictions to strengthen the joints, that they may not easie recite more deflexions.

CHAP. X.

Of Purges.

THis last Chapter I shall divide into these parts,

Of purging Medicines. — — — — — 1.

Of their Election. — — — — — — 2.

Correction. — — — — — — — 3.

Of the time of purging. — — — 4.

Manner of purging. — — — 5.

Part I.

Of Purging Medicines.

I.

PHysitians (for want of other things to trouble their heads) make a great business whether Purges work by a hidden or manifest quality, whereas the Heavens teach me a better lesson.

II.

These two questions are to be answered,
1. What humour is to be evacuated.
2. What medicine to do it by.

III.

For as the same peccant humour, is not in all, so neither doth the same medicine agree with all.

IV.

Then you must consider by what way to bring it forth, for all humours are not brought forth by one and the same way; for some are brought out by lenitive, some by clensing, some by sweating, of which more in another treatise.

V.

Our scope is here to speak of such as draw and cast out humours from the remote parts of the body.

The

VI.

The Ancients thought all Purges to be hot, but e Moderns have found out by experience that me are cold.

VII.

But this is certain, all Purges have a certain avity in them, which is inimicall to the Ventri- e and Bowells, and this conduceth much to eir purging property, for it makes nature ha- en expulsion.

VIII.

But what should be the reason of their attra- ive quality Physitians know not, and then they un into the old Bush, *They doe it by a hidden roperty*, The Sots being not able to see that eve- y like drawes its like.

IX.

The differences of Purges are various, for some re addicted to Flegm, some to Choller, others o Melancholly, and some to watrey humours, nd they are all of the same natures with those umours they purge.

X.

Some purge gently, some violently, because ome are more inimical to nature than others.

Part II.

Of the choice of Purges.

I.

The skill of a Physitian is to appropriate the purging medicine to the humour offending.

II.

Above all things in purges, have a care of trying quaint experiences; it had once almost cost me my life in doing it upon mine own body.

III.

The humors to be purged I told you were Flegm, Water, Choller, and Melancholly.

IV.

Such Medicines as are cutting, are convenient for thick and grosse humours, as Flegm and Melancholly, but Lenitive will serve for Choller and Water, because they are fluent and fit to be purged out.

V.

Therefore such things as purge Choller, adde cutting things to them, and they purge Melancholly, such as purge Flegm, take away the cutting things, and they purge water.

There

VI.

There are beſides, things which properly purge ater, called Hydragoga, which violently call ater from remote places, being of an exceeding t penetrating quality, and dangerous, if not gulated by an able brain.

VII.

Medicines of a binding quality, are deadly ene- es to flegm and melancholly, becauſe they con- ale the groſſe humours; but very apt for chol- and putrified flegm, for they often cauſe xes.

VIII.

Alſo the colour will in part ſhew the operation the Medicine, as Yellow purgeth Choller, black elancholly, white Flegm: Whitneſs Rhubarb, ck Hellebore, and Agarick.

IX.

And whereas ſome medicines work violently, ers gently, if the humors be tough and re- ote, uſe ſuch as are violent, elſe not.

X.

Yet ſuch as work with too much ſpeed, are fit ther for viſcous or remote humors.

XI.

Laſtly, ſome purges work by Stoole, others by omit.

XII.

Vomits are appropriated to crudities in th Stomach, yet they weaken the Stomach, Bre and Lungs, and spoyl the Eyes.

Part III.

Of the Correction of Purges.

I.

MAny things in Purges want correctio some of them are known before the Pu ges given, and some after.

II.

All Purges almost are inimicall to nature, co rect that with such things as strengthen the St mach and heart.

III.

Lenitive purges breed wind, correct them wi such things as expell winde.

IV.

Yea even Purges, which are not windy themselves, yet by their heat they stir up the w that is in the body, (of which number Senna one) therefore correct them.

Sa

V.

Such as by their ſharpneſſe corrode the Bowells, correct them, not with aſtringents, but ſuch things as lenifie and make thick, or with Gum Tracacanth is notable.

VI.

For aſtringent things detein them long in the body, and doth miſchief that way.

VII.

The vices of purges is known afterwards by their working too faſt, or too ſlowly.

VIII.

If hot broaths will not perform the latter, a Cliſter will.

IX.

The former is done by ſuch things as bind and ſtrengthen.

Part I.

Of the Time of Purging.

I.

IF the humour be tough and viſcous, prepare them firſt by cutting Syrups.

II.

Yet do this with wisdom too, lest the peccant humour be thrust into the veins, and procure a Feaver.

III.

If the Purge be strong, empty the Bowels first with a Clister.

IV.

Let the Purge be given two or three hours before meat, neither let any sweet thing be given after it, lest it convert it into aliment.

Part V.

Of the manner of Purging.

I.

MEdicines made up in a dry form, are best to purge remote places of the body, and the reason is, because they stay longest in the body.

II.

For the contraries give liquids, whether you boyl them or not, it matters not. That must be drawn from the matter purging, for the infusion of some things is better than the decoction, as Rhubarb, and Polypodium 's contrary.

If

III.

If the matter be tough and tenacious, you cannot purge it away at once, but muſt do it by degrees, judge the like, if it lie in remote places, for if you go about to do it at once, you will ſooner conſume the natural ſtrength, than the peccant humour.

IV.

And this is the reaſon melancholly diſeaſes cannot ſpeedily be removed.

V.

The doſe of purging Medicines cannot be determined, for they are various both in reſpect of their own nature, the nature of the Diſeaſe, the ſtrength of the Diſeaſes, the part afflicted, the humour afflicting, the age, and ſtrength, and ſex of the patient, the ſeaſon of the year, &c.

VI.

Some things help nature to evacuate by their ſweetneſs or fair language, as Prunes, Seveſten, Tamarinds, Caſſia, Manna.

Others carry away ill humors, by ſympathy with them, as Agarick, Aloes, Myrobalans.

Others fiercely force them out by their Acrimony, Nature being willing to part with the worſt firſt. As Scamony, Colocynthis, Elaterium, Euphorbium, &c.

Select

Select Medicinall
APHORISMES,

For moſt Diſeaſes our fraile Natures are incident to whileſt we are upon Earth.

COLLECTED BY
NICH: CULPEPER, *Gent.*
Student in *PHYSICK.*

LONDON,
Printed by *J. G.* for *Nath: Brooke*, at the Angell in *Cornhill.* 1655.

CHAP. I.

Medicines for the Head, and its Diſeaſes.

1. *A generall Caution.*

LEt ſuch as love their Heads or Braines either forbeare ſuch things as are obnoxious to the Brain. as Garlick, Leeks, Onions; beware of ſur-

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Chap. I.

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1. *A generall Caution.*

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2. *To purge the Head.*

The Head is purged by Gargariſms, of which Muſtard in my opinion is excellent, and therefore a ſpoonfull of Muſtard put into the mouth is excellent for one that is troubled with the Lethargie, alſo the head is purged by ſneezing, but be ſure, if you would keep your brain clear, keep your ſtomach clean.

3. *Another.*

Take the juice of Primroſe leaves, mix it with a little milk, and get one to blow it up thy noſtrils

ſtrills with a quill, and it will moſt admirably purge the head.

4. For a Rheume in the Head and the Palſie.

Take a red Onion, and bruiſe it well, and boyl it in a little Verjuyce, and put thereto a little clarified Honey, and a great ſpoonfull of good Muſtard, when it is well boiled, raiſe the ſick upright, and let him receive the ſmell up his noſe twice a day, whilſt it is very hot.

5. For a Rheume in the Head.

Boyle Pimpernell well in Wine, and drink a draught of the Wine in the evening hot, but in the morning cold.

6. Another.

Stew Onions in a cloſe pot, and bath thy Head, and Mouth, and Noſe therewith.

7. For the falling off of the hair.

Beat Linſeeds very well, and mix them with Sallet Oyl, and when you have well mixed them, anoynt the head therewith, and in three or four times uſing it will help you.

To

8. *To purge the Head.*

Take ſome Pellitory of *Spaine*, beat it into powder, and mix it with a little Staveſagre in powder, then drink a draught of Malmeſey, or Muskadell, if you can get no Malmſey, and when you have ſo done, put a ſpoonfull of this powder into the mouth, rouling it up and down (but ſwallow it not) till your mouth be hot and full of Flegm, then ſpit it all out, and kneeling down with your head inclined gape as wide as you can, and the flegm will avoid from all the parts of your head.

9. *For the falling off of the Haire by reaſon of a ſcald head.*

Warm a little oyle of Tartar (that which is made by deliquium) and rub your head with it, or that part of it which is ſcabby, and in eight or nine daies the haire will come again.

10. *For head-ach, eſpecially that which comes by drunkenneſſe.*

Mix the juice of Ivie-leaves with Oyle and Vinegar, and often rub your Temples, and Noſtrills therewith.

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For

11. *For Vertigo, or Diſſineſſe.*

Make Tents of Linnen cloath, and dip them in Cinamon water, and put them up into thy noſtrills, and they will inſtantly give thee help to admiration.

12. *To purge the Head.*

Chew the root of Pellitory of *Spain*, and chew it on both ſides of thy mouth, and as the rheume falls down into thy mouth, ſpit it out, but retain the root there ſtill, till you think the Head is purged enough for that time.

CHAP. II.
For the Eyes and their impediments.

1. *Proœmium.*

SUch things as offend the Head, uſually offend the Eyes, as Garlick, Onions, &c.

Such things as purge the Head, uſually purge the Eyes, as Gargariſmes before mentioned, and Sneezings. Have a care of catching cold after Sneezing.

2. *For Eyes that are blood-ſhot.*

Beat the whites of new-laid eggs very well, and

and moiſten a little fine Flax with it, and apply it to the eye being cloſe ſhut, at night going to bed, in the morning take it off, and weare a green cloath before thy Eye all day, the next night renew it, and in three nights it will cure.

3. *For Eyes that are blaſted.*

Onely wear a piece of black Sarcenet before thy eye, and meddle with no medicine, onely forbeare wine, and ſtrong drink.

4. *An excellent water to clear the ſight.*

Take of Fennell, Eyebright, Roſes white, Chelondine, Vervain, and Rue, of each a handfull, the Liver of a he Goat chopt ſmall (I ſuppoſe the Liver of a ſhe Goat were better for Women) infuſe them well in Eyebright water, then diſtill them in an Alembick, and you ſhall have a water will clear the ſight beyond compariſon.

5. *Another.*

Take green Walnuts, husks and all before they have ſhells, as alſo a few Walnut leaves: diſtill them cold, and drop the water into your eyes.

6. *For a hurt in the Eye with a ſtroke.*

Take Agrimony, and bruiſe it very well, and temper it with white Wine, and the white of an Egge, ſpread it pretty thick upon a cloath, like a Plaiſter, and apply it to the out ſide of the Eye-lid, and although it be almoſt out, it will cure it.

7. *To preſerve a mans ſight a long time.*

Eate one branch of Rue, and another of Eye-bright every morning, with a Fig or two. This doe three mornings every week.

8. *To draw Rheume back from the eyes.*

Take an Egge and roaſt it hard, then pull off the Shell and ſlit it in two, and apply it hot to the nape of the neck, and thou ſhalt finde eaſe preſently.

9. *A Medicine not onely for ſore eyes, but alſo for the Megrim.*

Take the white of a new laid Egge, a ſpoonfull of the beſt Ginger in powder, a ſpoonfull of ſtrong white wine Vinegar, and a ſpoonfull of white Roſewater, if for the Eyes of red Roſe-water, if for the Megrim, beat them all together, and having made two Plaiſters of Flaxe, for each Temple one, dip them in this Medicine, and binde

binde them to the Temples with a cloath; this in three or foure nights hath brought sight to such as have been blinde eight weeks, if your Eyes be gumm'd up in the morning, as it is like they will, wash them with a little white Rose, or Eye-bright water.

10. *For such as have a skin growing before their Eyes.*

Take a Sawcer full of white Rosewater, and as much Mirrh as a Nut, beaten into fine powder, binde up the Mirrh in a fine Linnen cloath, and let it lye in the Rosewater twelve houres, by which time your Rosewater will begin to look red, drop this water into the Eye, and it will cure it to admiration.

11. *For the Web in the Eye.*

Take the Gall of a Hare, and clarified Honey, of each equall proportions, mixe them together, and lay it to the Web.

12. *For such as have lost their Sight by reason of the small Pox.*

Take Pimpernell, stamp it and straine it, and put the juyce of it into the Eye with a Feather morning and evening.

The same is an excellent remedy for a Pin

and web and a pearl: and indeed in generall, Pimpernell is a gallant remedy for the eyes.

13. *For a Pin and Web.*

Take Ivie-leaves that grow upon an Ash-tree, wipe them clean, stamp them and strain them, having added a little womans milk to them: If it be a man that hath the sore eye, (saith mine Author) let it be the milk of a woman that bore a girle; if a woman, the milk of a woman that bore a boy. I can find no reason for this, but shall deliver my own opinion, and my reason for it: If it be the left eye of a man, or the right eye of a woman, let it be the milk of a woman that bore a girle, because those eyes are under the Moone; If it be the right eye of a man, or the left of a woman, let it be the milk of a woman that bore a boy, because those eyes are under the Sun. But to proceed. The sorer the eye is, the more juyce you must take. Drop this into the diseased eye with a Feather foure times in a day.

14. *For sore eyes proceeding of heat.*

Take the juyce of Housleek, womans milke, Rosewater, and the white of an Egge well beaten, mixe all these together, and dip Flax in it, and lay it to your eyes, when you goe to bed, binding it on, it is a most excellent remedy.

15. *For Eyes that are ſwelled.*

Take two ſpoonfulls of Womans milke, one ſpoonfull of Roſewater, the Pap of a roaſted Apple, and the Yolk of a new laid Egge, boyl all theſe in a Pewter veſſell over a Chafing diſh of coals till it be thick, then ſpread it upon a cloath, and lay it to your Eyes luke warm, when you goe to bed, in the morning waſh your Eyes with womans Milk, and in twice or thrice it will cure you.

Chap. III.

For the Eares and their impediments.

1. *For Deafneſſe, with noyſe in the Eare.*

TAke a little black Wool, and dip it in ſtrong ſpirit of Wine, wring it pretty hard out, and ſtop you Eares with it, dip it and wring it out againe, once in a day.

2. *For pain in the Eares.*

Drop a little Oyl of ſweet Almonds into the Eare, and it eaſeth the pain inſtantly, (and yet Oyl of bitter Almonds is our Doctors common remedy.)

3. *For an Impoſthume in the Eare.*

Boyl ſome milk, and put it into a ſtone Pot, with a narrow mouth, and hold the ſore eare over the Pot, whilſt the Milke is very hot, that the vapour of the Milk may aſcend into the Eare, this is an often approved remedy, to take away the pain and break the Impoſthume.

4. *To take an Earewig out of the Eare.*

Take an old Apple, and cut it in two pieces, and lay one piece to the Eare, and lie down upon that ſide, and the Earewig will come out to the Apple, it ſeems they love Apples better than Eares, 'tis a wonder they are not called Applewigs.

Another was cured by the firſt remedy mentioned in this Chapter.

Chap. IV.
For the Noſe and its Infirmities.

1. *For Polypus, or a fleſhy ſubſtance growing in the Noſe.*

TAke the juyce of Ivie, and make a Tent with a little Cotten, the which dip in the juyce, and put it up in the Noſtrill.

2. *For*

2. *For bleeding at Nose.*

Let them that bleed at Nose smell to a Hoggs Turd.

3. *Another for the same.*

If it be a Man that bleeds, wrap a cloath moistned in strong white wine Vinegar about his privities, if it be a Woman wrap it about her breasts.

4. *To cleanse the Nose.*

Snuffe up the juyce of red Beet-roots, it will cleanse not onely the Nose, but also the Head, this is a singular remedy for such as are troubled with a hard congealed stuffe in their Nostrills.

5. *For bleeding at the Nose.*

Put a piece of hot Hoggs-turd as it comes from the Hogge up the Nose.

6. *Another.*

Binde the Armes and Legs as hard as you can, with a piece of Tape ribbening, that perhaps may call back the blood.

7. *Another.*

Hold a living Toad near the Noſe, it ſtops the blood inſtantly, becauſe the blood flies from its enemy.

8. *Another.*

They ſay Smallage born about one, ſtops bleeding, both by the noſe and by wounds.

9. *For a Canker in the Noſe.*

Boyl ſtrong Ale till it be thick, if the Canker be in the outſide of the Noſe, ſpread it as a plaiſter and apply it, if in the inſide, make a Tent of a Linnen Rag, and put it up the noſtrill.

10. *Another for the Polypus.*

The water of Adders tongue ſnuffed up the Noſe is very good, but it were better in my opinion to keep a Rag continually moiſtned with it in the Noſe.

11. *For an Impoſthume in the Noſe.*

Keep a Rag continually in your Noſe moiſtned with the water of yellow flower-de-luce, ſuch as grow by River ſides, the juyce of Carduus Benedictus will doe the like.

12. *For bleeding at the Nose.*

Take Amber and bruise into grosse powder, put it upon a Chafing dish of coals, and receive the smoak up into the Nose with a Funnell.

13. *Another.*

A certaine man that had bled four and twenty houres was thus cured, he took a scaine of black thread, and put one end of it in his nostrill, and set fire to the other end, and so soon as the smoke came to his nosttill, the blood presently stopped.

14. *Another.*

When no other meanes will stop the bleeding at the Nose, it hath been known that it hath been stopped by opening a veine in the eare.

CHAP.

Chap. V.
Of the Mouth and its Diſeaſes.

1. *A Caution.*

WHoſoever would keep their Mouth, or Tongue, or Noſe, or Eyes, or Ears, or Teeth, from paine or infirmities, let them often uſe ſneezing, and ſuch Gargariſmes as they were inſtructed in, in the firſt Chapter; for indeed moſt of the infirmities, if not all, which infeſt thoſe parts, proceed from Rheum.

2. *For ſpitting Blood.*

Drink a ſpoonfull of juyce of Betony, mixed with Milk, every morning. My Author ſayes it muſt be Goats milk, but I know not his reaſon.

3. *For a ſtinking breath.*

Take the juice of Rue, and black Mints, (I think he means Horſe-mints) and ſnuffe it up the Noſtrils.

4. *To recover loſt ſpeech.*

Take the juyce of Sage and Primroſes, and hold it in the mouth, and it will cauſe thee to ſpeak preſently.

5. *For extream heat of the mouth.*

Take Rib-wort, and boyle it in red Wine, and hold the decoction as warm in your mouth as you can endure it.

6. *For a Canker in the mouth.*

Wash the mouth often with Verjuyce.

7. *Another.*

Wash the mouth with water of Perwinkle or Lavender, or Fumitory, or Burnet, but in my opinion the decoction of either is better.

8. *Another.*

If the Canker be very inveterate, and eating, take old rusty Bacon and Vine roots, of each an ounce, of Wheat bran a handfull, of Brine wherein Flesh hath been salted, two or three pints, boyl them together, and when you take them off from the fire, receive the steem up into your mouth with the Funnell, afterwards wash your mouth with any of the foregoing waters.

9. *Of the falling down of the Pallat.*

There is a mad fantasticall opinion to this day in the brains of the Vulgar, that there is such a thing

thing in the Mouth which they call the pallat, which will fall downe and be put up againe, eſpecially by an old woman, which hath no more Teeth in her head than Eyes, and all of them naught, whereas indeed the truth is, the Uvula, is a ſpungy piece of fleſh in the mouth, and therefore very ſubject to receive either Inflammations or Humours, which any hot thing diſſipates, from thence came the faſhion of putting it up againe with Pepper and Honey.

10. *Another.*

I adde this onely for the conceits ſake, it may be true enough, though I can give no reaſon for it: it is this. Take a handfull of Featherfew, rub it well between your hands, and lay it to the top of your head, and it will draw the Uvula up.

Chap. VI.

Of the Teeth and their Medicines.

1. *A Caution.*

IF you will keep your Teeth from rotting, or aking, waſh your mouth continually every morning with juyce of Lemmons, and afterwards rub your Teeth either with a Sage leafe, or elſe with a little Nutmeg in powder, alſo waſh

waſh your mouth with a little faire water after meats, for the onely way to keep the Teeth ſound and free from paine, is to keep them clear.

2. *To make Teeth white.*

Dip a little piece of white cloath in Vinegar of Quinces, and rub your Gums with it, for it is of a gallant binding quality, and not onely makes the Teeth white, but alſo ſtrengthens the Gums, faſtens the Teeth, and alſo cauſeth a ſweet breath.

3. *For the Tooth ache.*

Boyle Wheat bran, ſtale Ale together, till it be as thick as Muſtard, let it ſtand while it is cold, then ſtrain what you can out of it, and adde to what you have ſtrained, the like quantity of juyce of Rew, make it into paſte, which paſte tye up into a little bag of fine Linnen cloath, lay one of them between your Cheek and your aking Tooth, lye down on that ſide, and let the water run out at your mouth, this uſing three or foure times, will not onely cure the Tooth-ache, but alſo clenſe the brain.

Another.

4. *Another.*

Take Hounds-tongue, and ſtamp it, and fry it with Butter, and make a Plaiſter of it, and binde it to the Cheek on that ſide the pain is on.

5. *Another.*

Take a pint of the ſtrongeſt White-wine Vinegar you can get, a handfull of Sage, a quarter of a handfull of roots of red Nettles, and as much Oaken rind: boyle all theſe together, and waſh your mouth with it.

6. *To make teeth fall out of themſelves.*

Take the root of a Mulberry-tree, lay it in ſteep in ſtrong Vinegar, then take it out and dry it in the Sun, bear it into powder: doe but touch a tooth with that powder, and it will drop out.

7. *For rotting of the teeth.*

Waſh thy mouth often with the water of Mother-wort, the water of Vervaine will doe the like.

8. *For the Tooth-ache.*

Take Ivy-berries, and bruiſe them, and when you have done ſo, boyle them in ſtrong White-wine Vinegar: waſh your mouth with the decoction,

coction, and lay the Ivy-berries hot to your cheek.

9. *Another.*

Roast an egge hard, and when you have done, put to it a spoonfull of Salt, and two spoonfuls of White-wine Vinegar: beat them all together to a pap very well, and now and then put a little into your mouth.

10. *To make childrens teeth cut.*

Take the brains of a Hare, or the brains of a Hen, and rub the childs Gums with them once or twice a day, and it will make the Teeth cut without pain.

11. *Another.*

Take the Tooth of a Colt of a yeare old, and hang it about the neck of the child, and this will doe it, if *Mizaldus* say true. And now give me leave to quote an experiment of my own, one of my children breeding Teeth extreme hardly, having read this in *Mizaldus*, it seemed to me impossible to get a Colts tooth, (of a yeare old) wherefore I bought a Calves head, and took one of its teeth, and hung about its neck, and the very first night three of its Teeth cut, which because its very unusuall so many Teeth should cut in one night, I cannot but ascribe some virtue to the Medicine. Besides all this, I am of opinion, that

that the tooth of a dead man hung about the neck of a child, will doe it far better than either; I am not determined to give my reasons at this time, yet will I give you a verisimile for it, the Tooth of a dead Man born about a man, instantly suppresseth the paines of the Teeth, as I have often found my selfe, when all other remedies have failed me, and if this be true, why not the other?

12 *To fasten Teeth.*

Seeth the Roots of Vervaine in old Wine, and wash your Teeth often with them; and it will fasten them.

13. *For the Tooth ache.*

Take the inner rinde of an Elder tree, and bruise it, and put thereunto a little Pepper, and make it into balls, and hold them between the Teeth that ake.

Chap. VII.
Of the Gums and their Infirmities.

1. *For a Scurvy in the Gums.*

TAke Cloves and boyl them in Rosewater, then dry them and beat them into powder, and rub the Gums with the powder, and drink the decoction in the morning fasting, an houre after

after it. Use Red-rose water, for that is the best.

2. *For a Canker in the Gums.*

Take halfe a pinte of White wine, a quarter of a pinte of water, an ounce of burnt Allum, a handfull of Cinkfoyle roots bruised, boyle all these in an Earthen pot (for the sharpnesse of Allum will make vert-de-greese of a Brass vessell) over a gentle fire till halfe be consumed, scum it well, strain it and keep it in a glasse till you have occasion to use it, and when you have occasion, wash your Gums with it.

3. *Another.*

Take herb of Grasse, or Rew, which you will; stamp it and presse out the juyce, and mixe it with as much strong Vinegar, (the best way is to put the Vinegar to it, after you have well beaten it) and so strain them out hard both together, when you have occasion to use it, wet a Linnen rag four or five times doubled in the aforesaid juyce, and apply it to the Gums, if the Canker be very great and eating, mixe a little burnt Allum with it.

4. *For rotting and consuming of the Gums.*

Take Sage water, and wash your mouth with it every morning, and afterwards rub your mouth with a Sage leaf.

Chap. VIII.
Of the Face and its infirmities.

1. *The Cauſe.*

IT is palpable, that the cauſe of redneſſe, and breaking out of the Face, is a venomous matter, or filthy vapour aſcending from the Stomach towards the Head, where meeting with a Rheum or Flegm thence deſcending, mixeth with it, and breaketh out in the Face. Therefore let the firſt intention of cure be to cleanſe the Stomach.

2. *Caution Negative.*

Let ſuch as are troubled with red Faces, abſtaine from ſalt Meats, ſalt Fiſh and Herrings, drinking of ſtrong Beer, ſtrong Waters or Wine, Garlick, Onions and Muſtard, yea, if it be a Welch Man, or Woman, he muſt abſtain from toaſted Cheeſe, and Leeks, and that is a Hell upon Earth to them.

3. *Caution Affirmative.*

Let them uſe in their broths and ſtewed meats Purſlane, Sorrell, Wood-Sorrell, Lettice, Sparagus tops and roots, the tender tops of Hops, Endive and Succory, let them alwaies keep their bodies laxative, and ſleep with their heads high.

For

4. *For a red Face.*

Take Sow-thiſtles, Borrage, Sorrell, Purſlane, French Barley, Parſly roots and Liquoriſh, boyl them together in running water, and drinke a draught of the decoction, firſt in the morning, and laſt at night.

5. *To make the Face faire.*

Boyl Roſumary flowers in White wine, and drinke a draught of the decoction every morning, and waſh your face with another part of it, yet in my opinion it were a better way by farre, to take a pound of Roſemary flours, and put them into a rundlet, to a Gallon of white-Wine, ſhake them together, and let them ſtand ſo a Moneth, then ſtrain it out, and keep the Wine for the aforeſaid uſe.

6. *Another.*

Waſh your Face with Bean floure water, yet in my opinion, Burnet water is the beſt, though my Author hold the contrary.

7. *For a white Scurfe in the Face.*

Take a pinte of Vineger, in which diſſolve an ounce of Camphir, let them ſtand together cloſe ſtopped 14. dayes (ſaith my Author) but it is

very probable halfe the time will ſerve the turne, then waſh your face with it every morning, this hath holpen a Gentlewoman that had a Scurf in her Face divers yeares, as though ſhe had been a Leaper.

8. *For Freckles in the Face.*

Anoynt thy Face at night going to bed, with the blood of a Hare, or of a Bull, the next morning waſh it off againe, and this, though it make one look more like a Fury than a Man, it will cure him.

9. *Another.*

Stamp Sellendine, preſſe out the juyce, and mixe it with the like quantity of White wine, and anoynt your Face with it, at night when you goe to bed.

10. *For a blaſted face.*

If it be a Man, take red honey ſuckles, if a Woman, white honey ſuckles, preſſe out the juyce of them, and anoynt your Face with it, at night going to bed, this receipt ſeeming to me very rationall, and is therefore moſt pleaſing, I ſhall explaine what here is meant by Honey ſuckles, and herein I will Imitate *Ariſtotle* ſo farre, as to tell you

First, what it is not,
Secondly, what it is.

First,

First, it is not thoſe Honey ſuckles which climb up in Hedges, which the Latines call *Caprifolium*, and the Engliſh, Wood-bind, or Honey ſuckles.

Secondly, it is that which is commonly called Medow trefoyle, by Phyſitians, in Suſſex it is commonly called Honey ſuckles.

11. *For a face full of red Pimples.*

Diſſolve Camphir in Vinegar, and mixe it, and the Vinegar with Sellendine water, and waſh thy face with it, this cured a Maid in twenty dayes, that had been troubled with the infirmity halfe ſo many yeares.

12. *Another.*

Take Honey ſuckle leaves, and diſtill them, and waſh your Face with the water (uſe the ſame Hony ſuckles as I told you before) this cured a woman that had her face full of white ſcales, and it ſo perfectly cured her, that ſhe was never troubled with them againe.

13. *Another.*

Alſo another woman was troubled with ſuch an infirmity, that if ſhe had been by the fire but a little, and afterwardes gone

into the Aire, her Face would have been as full of red ſpots, as it could hold, juſt like a drunken womans, and ſhe was helped by this following remedy, ſhe took Frankincenſe, and beat it into powder with Saffron, and caſt the powder upon a Chafing diſh of Coals, and receive the ſmoak of it with open mouth, and uſing of it often was helped.

14. *To take away the marks of the ſmall Pox.*

Take the juyce of Fennell, beat it luke-warme, and when the ſmall Pox are well skabbed, anoynt the Face with it divers times in a day, three or four dayes together.

15. *Another.*

But I am confident the beſt remedy that is, not onely to prevent the Scarres of the ſmall Pox, but alſo to cure deep wounds, or Ulcers without a ſcarre, is to anoynt the place with Oyl of Eggs.

16. *For a red Face.*

Take a handfull of Scurvy-graſſe, and a handfull of Tutſan leaves, boyl them well in Ale, and ſtrain it, and drinke a draught of it every morning.

I deſire you to be cautious in uſing this Medicine, in giving of it to young people, for Tutſan leaves conſume the ſeed abundantly, and cauſeth barrenneſſe.

CHAP.

Chap. IX.
Of the Throat and its infirmities.

THe vulgar way in curing Diſeaſes of the Throat, which is yet in uſe with our pitifull Phyſicians, is *Album-græcum*, anglice a Doggs-turd, a very ſweet Medicine, no leſſe pleaſing than profitable.

2. *A Caution.*

Diſeaſes in the Throat, moſt commonly proceeds of Rheum, deſcending from the head, upon the *trachea arteria*, or wine pipe, in ſuch cauſes there is many times no other cure than firſt to purge the body of Flegme, and then the head of Rheum, as you were taught in the firſt Chapter.

3. *For hoarſeneſſe.*

Take of Sugar ſo much as will fill a common taſter, then put ſo much rectified ſpirit of Wine to it as will juſt wet it: eat this up at night going to bed, uſe this three or four times together.

4. *Another.*

If the body be feaveriſh, uſe the former Medicine as before, onely uſe Oyl of ſweet Almonds, or for want of it the beſt ſallet Oyle in ſtead of ſpirit of Wine.

5. *Another.*

Take penny royall and ſeeth it in running water, and drinke a good draught of the decoction, at night going to bed, with a little Sugar in it.

6. *For the Quinſie.*

Take notice, that bleeding is good in all inflammations, therefore in this.

It were very convenient that a ſyrup, and an oyntment of Orpine were alwaies ready in the houſe for ſuch occaſions, for I know no better remedy for the Quinſie than to drinke the one, and anoynt the throat with the other, but be ſure you doe not drinke the oyntment, and anoynt your throat with the ſyrup.

Chap. X.

Of the Breaſt and Lungs and their infirmities.

1. *For a Cough in a young child.*

RUb his Stomach well when he goes to bed with Oyle of Roſes, and then lay a warme cloath to it, and in three or four nights ſo uſing, he will be cured.

2. *For weakneſſe of the Lungs.*

Beat the Lungs of a Fox into powder, and take a drachm of the powder every night, in Roſewater, or if you will, you may take it in the morning.

If any ask the reaſon why Electuary of Fox-Lungs is not better, tell them that many compoſitions conſiſt of ſo great variety of ſimples, that the one of them ſpoiles the operation of the other.

3. *For inflammation of the Lungs.*

Diſſolve Sugar-candy in Roſe-water, and drink no other drinke.

4. *Another.*

Alſo it is very good to anoynt the breaſt often with Oyle of Violets, or Oyle of Water-Lillies.

5. *For ſtoppings of the Breaſt.*

Take the Gum of a Cherry tree, and diſſolve it in old Wine, and let the ſick drinke thereof, and it will open his pipes gallantly, better than a ſledge and wedges.

Another,

6. Another.

Take Figgs and ſlit them, and fill them full of Muſtard, then boyle them in White wine, eate the Figgs and drinke the Wine.

Chap. XI.

Of Womens Breaſts, their infirmities and cures.

1. *For ſore Breaſts that are broaken.*

TAke Wheat flower, Yolks of Eggs, and the juyce of Plantane, mixe it together, till it be thick like an Oyntment, ſpread it upon a cloath, and apply it to the ſore breaſt, if there be any holes in the Breaſt, dip a Tent in this oyntment, and tent them with it, and lay a Plaiſter of the ſame over it.

2. *For ſore Breaſts.*

Take a handfull of Figgs, and ſtamp them well till the kernells are broken, then temper them with a little freſh greaſe, and apply them to the Breaſt as hot as the Patient can indure, it will preſently take away the anguiſh, and if the Breaſt will break, it will break it, elſe it will cure it, without breaking.

An

3. *An inward medicine for a ſore Breaſt.*

Let her drinke either the juyce or decoction of Vervaine, it were fit that ſyrup were made of it to be kept all the year.

4. *For want of milk.*

Uſe the former medicine, it will help that alſo.

5. *For hardneſſe of the Breaſts.*

It is uſuall to Nurſes, when they have newly weaned their children, to have their Breaſts grow hard, & the milk to curdle in them, which might eaſily be prevented by wearing a Dyachilon plaiſter to them, but ſuppoſe it be come already, and cannot be prevented, in ſuch a caſe take Chickweed, and chop it ſmall, and boyl it in Plantane water, put a little Sheeps ſewet to it, to make it moiſt, and apply it for a Poltis to the Breaſt.

6. *Another.*

Take Populeon and Linſeed Oyle, of each a like quantity, mixe them together, and warm them well, then dip a cloath in it, and lay it to the Breaſt, it will not onely take away the hardneſſe of the breaſt, but alſo dry away the Milke.

For

7. *For want of Milke.*

Take green Wheat ſo ſoon as it begins to change colour, bruiſe it well, and boyl it in Sallet Oyle, then ſtrain it, and keep the Oyle till you have need of it to anoynt the Breaſt.

8. *For ſore Breaſts.*

Take Clarret wine, and boyl it with Barly flower, till it be thick like a Poltice, put a little Oyle to it, or Sheeps Sewet to keep it moiſt, and apply it to the Breaſt.

9. *For want of Milke.*

Take Chriſtall, and beat it into very fine powder, take a drachm of it in the morning, in a draught of Muskadell.

10. *For Inflammations in the Breaſt.*

This is that infirmity women uſually call the Ague in the Breaſt, take the whites of two Eggs, two handfulls of Houſleek or Sengreen, which you will, beat them well together, and lay them Plaiſter-wiſe to the Breaſt.

11. *To cure ſore breaſts without a ſcarre.*

Take the yolk of an Egge, and beat it with freſh

freſh greaſe, and when your Breaſts are almoſt well, apply that Plaiſter-wiſe to them, this will cure not onely the Breaſts, but alſo any other wounds without a ſcarre, Oyle of Eggs will doe the like.

Chap. XII.

Of the Spleen and its Infirmities.

1. *A Caution.*

THe Spleen is a ſpungy piece of fleſh in the body of man, lying under the Baſtard ribs on the left ſide, it is the ſeat of Melancholly, and of the retentive faculty throughout the body of man, it cauſeth mirth and laughing, ſadneſſe and ſighing, according as it is well or ill affected.

2. *Another.*

The Spleen is ſeldome afflicted, but it ſtirs up winde in the body extreamely, becauſe it lyes in ſo great a cavity.

3. *Another.*

There is a great harmony between the Liver and the Spleen, inſomuch that the one is never afflicted, but it afflicts the other in one meaſure or another, neither is any thing Me-

medicinall for the one, but in one measure or another it helps the other.

4. *For hardneſſe of the Spleen.*

Take the marrow of Beef, and mixe it well with the like quantity of Oyle of bitter Almonds, warm it well, and anoynt your left ſide with it.

5. *For the Spleen.*

Take the inner rind of an Aſh tree, bruiſe it, and boyl it well in White wine, and drinke a draught of it every morning: Tamaris bark and Caper roots worke the ſame effect, uſed in the ſame manner.

6. *Another.*

In the morning waſh your left ſide with your owne water.

7. *Another.*

Take the roots of Nettles, ſtamp them well, and boyl them well in Vinegar to a Poltiſe, and apply it warme to the left ſide.

8. *For the Spleen over-burdened.*

In this caſe many times you have no other remedy, than to let blood in the fundament with horſe-leaches.

For

9. *For the Spleen.*

My own moſt approved remedies for the Spleen are theſe, if the Spleen be afflicted with cold, rub your left ſide every morning when you riſe with your hand, then anoynt it with oyntment of Tobacco, and lay a Tobacco leafe moiſtened with the ſame oyntment by the region of the Spleen.

10. *Another.*

Apply a Plaiſter of Ammoniacum to the Region of the Spleen, if you can get that Plaiſter which is called *Emplaſtrum Ammoniacum cum Cicuta*, it is one of the beſt remedies in the world being applyed to the region of the Spleen.

11. *Another.*

If a man live in the Countrey where theſe cannot be gotten, let him get a handfull of Hemlock, and warme it very hot, and apply it to his ſide, it were fitting an oyntment of it were made, and kept in the houſe for ſuch occaſions, for Hemlock being an hearb of Saturn, is an excellent ſimphaticall remedy for the Spleen.

12. *A Caution.*

When you apply any Plaiſters to the region of the Spleen, cut them as near as you can to the ſame

ſame form the Spleen is of, ſo will they work their effects more effectuall, and ſpeedily.

13. *Another.*

Let ſuch as are troubled with the ſpleen, forbear much drinking Wine, for that makes the vapours of the Spleen thin, and ſends them up to the brain pel mel, whereby corrupting the ſenſes, they make many men think they ſee the things they ſee not, and heat the things they hear not: Theſe vapours of the Spleen I am perſwaded is the reaſon why mad and fantaſticall people think they ſee Viſions, many thinking they are inſpired with the Spirit of God, when tis nothing elſe but a few poyſonous vapours of the Spleen.

Chap. XIII.

Of the Stomach and its Infirmities.

1. *A Caution.*

INfirmities of the Stomach usually proceed from surfeting.

2. *Another.*

Let such as have weak Stomachs avoid all sweet things, as Honey, Sugar and the like, Milk, Cheese, and all fat meats, let him not eate till he is hungry, nor drink before he is adry, let him avoid anger, sadnesse, much travaile, and all fryed meats, let him not vomit by any meanes, nor eat when he is hot.

3. *For pain in the Stomach.*

Take a slice of Bread, of a pretty thickness, and toast it very hot, then dip it in Oyle of Camomell, or Oyle of Spike, which is next hand, then wrap it in a Linnen cloath, and apply it to that part pained.

4. *For moisture of the Stomach.*

Taste a drachm of Galanga in powder every morning in a draught of what wine you love best.

5. *For heat of the Stomach.*

Swallow foure or five grains of Mastich every night going to bed.

6. *For windinesse in the Stomach.*

Take a scruple of Castorium every morning in good Wine; tis an excellent remedy for windinesse in the stomach; better indeed for women, then it is for men, to put halfe a dozen or ten drops in a draught of Beer after their meat.

7. *For a stinking Breath caused by the Stomach.*

Take three ounces of Cummin-seeds, bruise them well, and boyl them in a gallon of Sack till halfe be consumed: Drink a draught of it (being strained) first at morning and last at night.

8. *For one that vomits up his victuals.*

Take Quincies, the cores and rinds being taken away, boyl them in strong Vinegar till they be soft, then beat them in a Morter, and make them into

into a Poltice, with a little Muſtard-ſeed, and Cloves beaten into pouder; ſpread this upon a cloth, and apply it warm to the Region of the Stomach. This in three or foure times doing will cure.

9. *To ſtay vomiting.*

Take a toaſt, and bake it very well, then dip it in Vinegar, chew a little of it in your mouth whilſt it is hot, and hold the reſt to your noſe, and it will cloſe the mouth of your ſtomach.

10. *For a weak ſtomach.*

Take an ounce of Cinamon, halfe an ounce of Galanga, and as much Ginger; beat them into powder, and with ſyrrup of Hyſop make them up into an Electuary, of which take the quantity of a Nutmeg every morning, faſting an houre or two after it; if you cannot get ſyrrup of Hyſop, put halfe an ounce of Hyſop in powder in it, and make it up with clarified honey.

11. *For a ſtinking breath cauſed by the ſtomach.*

Take the tops of Roſemary, boyl them in wine, and drink a draught of the decoction, firſt at morning, and laſt at night.

12. *For a watry Stomach.*

Take an Oaken leafe, and lay it upon your Tongue, with the rough side downward, shut your mouth close, and it will draw the water from your Stomach.

Chap. XIV.
Of the Liver and its Infirmities.

1. *A Caution.*

IF the Liver be too hot, it usually proceedeth from too much blood, and is known by redness of Urine, the Pulse is swift, the Veines great and full, his Spittle, Mouth and Tongue seem sweeter than they use to be, the cure, is letting blood in the right Arme.

2. *To cause the Liver well to digest.*

Take Oyle of Worm-wood, and so much Mastick in powder, as will make it into a Poltice, lay it warme to your right side.

3. *For heat of the Liver.*

Take Liver-wort, Cinkfoyle, Endive, Succory, Borrage, and Bugloss, of each equall quantities, boyl them in Clarified Whey, and drinke no other drinke. *Another.*

4. *Another.*

Take of Sow-thiſtles, Dandelion, and Ribwort of equall quantities, either boyl them in clarified Whey, or elſe in faire water, or if you will, you may tunne them up in ſmall Beer, and drinke no other drinke.

5. *Stoppages for the Liver.*

Take Ivie-berries. Agrimony, Harts-tongue, Liver-wort, and the bark of Aſh Tree, of all theſe a like quantity, Pollypodium the double quantity of any one of them, bruiſe them well, and either tunne them up in ſmall Beer, or elſe make a decoction of them in water, then make the decoction into a Syrup with Sugar, to be kept for your uſe.

6. *A Caution.*

If the Liver be ſtopped, the Face will ſwell, and you ſhall be as ſure to have a paine in your right ſide, as though you had it there already.

6. *For Stoppage of the Liver.*

Uſe garden-thime in all your drinks & broaths, it will prevent ſtoppages before they come, and cure them after they are come.

8. *For the Liver.*

The Liver of a Hare dried, and beaten into powder, cures all the Diseases of the Liver of Man.

9. *Gently to cleanse and cool the Liver.*

Take of Liver-wort, Fumitory and Harts-tongue, of each equall quantities, clarifie them in Whey, and drinke a pinte of it every morning, fasting two or three houres after.

Chap. XV.
Of the sides and their infirmities.

1. *A Caution.*

IF you have a paine in your side, and question whether it be a Plurisie or not, take Wormwood and heat it hot against the fire, between two Tile-stones, and when it is very hot sprinkle it with a little Muskadell, then put it in a Linnen cloath, and lay it hot to your side, if it be only winde, it will take it away in two houres, but if it be the Plurisie, it will increase the pain, and then you must seek other remedies.

2. *For winde in the side.*

Take the leaves of holly, and dry them well, and

and beat them to powder, take two drachms of it in Wine, and it will give thee eaſe immediately.

3. *For a Stich in the ſide.*

Take the Urine of him that is ill, and boyl Worm-wood and Cummin ſeeds, bruiſed very well in it, and anoynt the ſides, going to bed, with the Liquor.

4. *Another.*

Anoynt thy ſide going to bed with Oyle of Bayes.

5. *For a Stich in the left ſide.*

Take a quantity of Cummin ſeed, and bruiſe them very well, & infuſe them in Malmſey or Muskadell three or four houres, then fry them in a pan till they be pretty thick, put it in a Linnen bag and lay it to your ſide.

Chap. XVI.

Of the Heart and its Infirmities.

1. *For a trembling of the Heart without a Feaver.*

TAke the Maw of an old Cock, dry it and beat it into powder, and take a drachm of the powder of it in the morning in Wine.

1. *Another.*

Take red Corrall, and beat it into very fine powder, and take a ſcruple of it firſt in the morning, and laſt at night, in Borrage water.

3. *For fatneſſe about the Heart.*

Take the juyce of Fennell, and clarifie it, and make a Syrup of it with Honey, and take an ounce of it morning and evening.

4. *For knawing about the Heart.*

Take Sage leaves and Yarrow, beat them and preſſe out the juyce, clarifie it, and drink a ſpoonfull of it in every draught of Beer you drink.

5. *A Caution.*

Things which ſtrengthen the Heart are, Saffron, Rue, Borrage, Bugloſſe, Harts-horne, Muſtard, red Roſes, Violets, Mace, good Wine, and Spirit of Wine moderately taken.

6. *For Heart Qualmes.*

Take halfe a Drachme of Piony roots in powder every morning, or a ſpoonfull of Syrup of Pionyes, and to be ſure you ſhall be free from it all that day.

CHAP.

Chap. XVII.
Of the Belly and its Infirmities.

1. *For a hard Belly without pain.*

TAke Mallows and Mercury, and ſtamp them together (the hearb Mercury I mean, not Quickſilver) and make a Plaiſter thereof, and lay it to the Navill.

2. *Another.*

Take Rew and preſſe the juyce out, clarifie it, drink a ſpoonfull of it in all the drink you drink.

3. *For a hard Belly that is ſore.*

Beat Penyroyall, and mixe a little Ginger with it in powder, and apply it Plaiſter-wiſe to the Belly.

4. *For a Baſtard Chollick.*

Take Worm-wood, Rew, Motherwort, Lavender-cotton, ſtamp them, then mixe the Gall of an Ox with it warmed, and apply it plaiſter wiſe to the Belly.

Chap. XVIII.
Of the Navill and its Infirmities.

1. *For the ſwelling of the Navil.*

TAke Cows-dung and dry it to powder, Barly flower, and Bean flower of each a like

like quantity, a little Cummin-seeds, beaten into powder, make it up into a Plaister with juyce of Knot-grasse, and apply it to the Navill, if it happen at such a time of the yeare, when juyce of Knot-grasse cannot be gotten, add the leaves of Knot-grasse in powder, in equall proportion to the rest, and make it up into a Plaister with Ale boyled to the height.

2. *Another.*

Take Cows dung, and boyl it in the Milk of the same Cow into a Plaister, and apply it to the Navill.

3. *For a childs Navell that is sore with crying.*

Take a little Bean flower, and the ashes of fine clouts burnt, temper them with red Wine and Honey, and lay it to the sore.

Chap. XIX.

Of the Back and its infirmities.

1. *For weakness of the Back.*

TAke Barly flowre and Bean flowre of each equall quantities, make it up into a plaister with the Oyle of Roses, and the Yolk of an Egge, and apply it to your Back.

2. *Another.*

Take Rice in fine powder, and Wheat flowre of each equall quantities, temper it with Claret Wine

Wine and Sugar, the powder of Clary and Nutmeg, make it into a Cake with fresh Butter, and bake it, and eate no other breakfast but it, being baked for some dayes.

3. *For a pain in the back.*

Take fresh Cow-dung and fry it in Vinegar, and apply it Plaister-wise to the Back, you little think how soon it will give you ease.

4. *For heat in the Back.*

Boyl the leaves of Willow trees in water, till they be as thick as a poltice, apply them to the Reines of the Back hot as you can indure it, if it be at such a time of the year when Willowes have no leaves, use the inner rind of the Tree in like manner, and in four or five times dressing it will heal you.

Chap. XX.

Of the Fundament and its Infirmities.

1. *For falling out of the Fundament.*

BEware of taking cold in that place, be sure keep your Buttocks warme, beware of costiveness, sit not upon cold Earth nor Stones.

2. *For the Figge in the Fundament.*

This impediment is an imposthumation, or lump of flesh growing in the right gut, proceeding of Melancholly humours descending thither, and there-

therefore first of all purge Melancholly, either with confection, Hamech, or Pills of Lapis Lazula.

3. *Another.*

Take the powder of a Doggs head burnt, mix it with juyce of Pimpernell, and make long Tents of it, and put them up the Fundament.

4. *For falling out of the Fundament.*

Take Bay-leaves and boyl them well in water, put the water in an Earthen pot, and sit over it as hot as you can indure, that the fume of the water may goe up into your Fundament, so may you put it up with your fingers by little and little, and when you have gotten it up, sit downe with your bare breech upon an Oaken board, made as hot with the fire as you can suffer it, this will heal you.

5. *Another.*

Take red Nettles and bruise them very well, boyl them well in White wine, in an Earthen pot, till half the Wine be consumed, let him drink this liquor first at morning, and last at night, and lay hearbs to his Fundament as hot as he can suffer it.

Chap. XXI.

Of the Thighs and their Infirmitits.

1. *For stiffenesse of the Thighs.*

TAke Brooklime, Hoarehound, and S. *Johns* wort, Tallow, Hoggs grease, and Horse-turd, boyl

boyl them all well together, then ſtrain them out, and keep the oyntment for your uſe.

2. *For aching of the Bones of the Thighs.*

Take a pinte of White wine, and the Gall of any Ox, boyle them to a plaiſter with a few crumbs of bread, ſpread it upon a cloath, and apply it to the grieved place.

3. *To knit the Sinews, and Veines of the Thighs.*

Take great Earth-wormes and beat them all to maſh, and adde unto them a little Maſtick in powder, then boyl them in Oyle, till it be thick like a Salve, then ſpread it upon a cloath, and lay it to the grieved place, let it lye on nine dayes, and by that time all will be well.

4. *For ſwelling of the Thighs.*

Take Hens dung, or Pidgeons dung, (Pidgeons dung is the beſt by farre, without any diſpute of the Story) Sheeps tallow, ſmallage and Chickweed, beat them all together, then fry them well in Lees of Muskadell, if you cannot get the Lees, uſe Muskadell it ſelfe, and apply it being fryed as hot as you can indure it to the place.

5. *For Sinews that are ſhrunk in the Thighs or elſewhere.*

Anoynt the place with oyntment of Swallowes, it is thus made, take young Swallows out of their Neſts by number twelve, Roſemary tops, Bay-leaves, Lavender tops, and Straberry leavs of each

each a handfull, cut off the long feathers of the Swallowes wings and tailes, and put them in a ſtone Morter, and lay the hearbs upon them, and beat them all to pieces, Guts, Feathers, Bones and all, then mixe them with three pound of hoggs greaſe, ſet it in the Sun a moneth together, then boyl it up, ſtrain it, and keep oyntment for your uſe.

Chap. XXII.

Of the Knees and their infirmities.

1. *For ache or ſwelling in the Knees.*

TAke Rew, and Lovage, and ſtamp them and mixe a litte honey with them, and apply it to the knee.

2. *For an ache coming of an old bruiſe.*

Take a pottle of running water, and a pint of bay-ſalt, boyl them together till half be conſumed, then make it thick with Bran, and lay it to the knee.

3. *Another.*

Make an oyntment with juyce of Night-ſhade, and May Butter, to anoynt your Knee with.

4. *For the Knees.*

The beſt remedy (in my opinion) is this, take the bones of Goats Knees, and beat them to powder, and take a drachm of the powder every morning in Goats milke, if you can get it, if not in what liquor you pleaſe, and wrap a part of the ſkin of the Goat about your Knee.

Chap. XXII.

Of the Leggs and Feet, and their Infirmities.

1. *For ſwellings of the Leggs.*

TAke Worm-wood, Southern-wood and Rew, of each equall quantities, ſtamp them together, and fry them with honey, till they begin to wax dry, then apply it as hot as you can indure it, either to your ſwelled Legs or Hands.

2. *For a Legge that is ſwelled, and will pit after touching.*

Take Chickweed and Pellitory of the Wall, of each a handfull, Sheeps tallow one pound, Tartar beaten two ounces, boyl theſe in milke, till they be ſoft like a Poltice, and apply it to the Leg.

3. *Another.*

And this pleaſeth me much better, take a quart of Red wine, and boyl it to a Poltice, with crumbs of Rye bread, and apply it to your Legge, as hot as you can indure it, in four times dreſsing this will help you.

4. *For ach in the Bones, in the Legs, or Arms.*

Take a quarter of a pound of Dill ſeed, beat it into powder, and boyl it in a quart of good White wine, boyl it till half be waſted away, then put to it a pint of good Sallet Oyl, boyl it againe till all the Wine be conſumed, then ſtrain out the Oyl, and keep it as a Soveraign remedy for the premiſes.

For

5. *For a red swelling in the Legge or Arme.*

Take Oatmeal and boyl it in Milke, and when it hath boyled a good while, adde to it a handfull of Mallows, and a handfull of Houseleek or Sengreen chopped small together, with some Sheep-Sewet chopped small, boyl it to a Poltice, and apply it to the sore place; if it be ready to break it will break it, if not, it will cure it without breaking.

6. *For a Corn on the Toe.*

Take a black snaile and roast him well in a white wet cloath, bruise him and lay him hot to the Corn, and it will take it away in a very short time.

7. *To make a Naile grow where it is wanting.*

Take Cinkfoyle, and bruise it with any fresh grease, and apply it to the place where the Naile is wanting, and it will make another grow.

MVSEVM BRITANNICVM

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